

HIBA BAIG

Nationality: Pakistani Marital Status: Married

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Personal Summary

A well presented, dedicated, and self-motivated person with experience of assessing a patients' nutritional needs, then developing and implementing nutrition programs for them.

Experience

Dietitian

(March 2021-till present)

Tabba Heart institute

- Conduct individualized assessments of patients' nutritional needs.
- Educate cardiac patients, including post-bypass surgery, angiography, angioplasty, valve replacement, and patients with cardiac complications, on nutrition and healthy eating habits.
- Develop personalized and evidence-based meal plans based on medical conditions and dietary goals.
- Monitor and evaluate patients' progress and adjust meal plans as needed.
- Maintain accurate documentation of patient assessments, interventions, and outcomes.
- Collaborate with healthcare teams to integrate nutrition plans for patients in rehabilitation settings
- Individualized counseling of patients on enteral feeding for patients on NG, PEG or jejunostomy feeding.
- Offer specialized diet education materials and conduct counseling sessions in OPD for patients undergoing bariatric surgery, seeking weight management, individuals with diabetes and with cardiovascular issues.
- Stay up-to-date with the latest research to improve knowledge and skills in patient care
- Composing informative and engaging articles for the Tabba 's newsletter
- Develop educational videos on Tabba Heart institute's YouTube channel
- Create nutrition-based content to increase audience engagement on social media platforms
- Active participation in meetings, case discussions, and professional development activities
- Collaborate with food service staff to create balanced and nutritious menus for patients
- Ensure compliance with regulatory and safety standards
- Promote better nutrition by giving talks about & preventing /managing specific diseases.

Education

Bachelor of Science

(Nutrition and Dietetics)

2015

University of Karachi, Pakistan.

Intermediate

(Home Economics)

2011

Karachi Board, Pakistan.

Matriculation

2009

Karachi Board, Pakistan

Achievements

Occupational English Test

2023

AEO PAKISTAN

DHA License Exam

2019

Dubai Health Authority

Registered Dietitian Exam

2017

Pakistan Nutrition & Dietetics Society

Diploma in Diabetes Education

2017

AIMMS, Islamabad

Experience

Online Nutritionist (September 2020-February 2021)
Nutrigo Morinaga Pvt Ltd. at Ibex.

- Provide virtual nutrition consultations for parents and caregivers of children under 13 years.
- Offer guidance on infant and child feeding practices, including introducing solid foods, food allergies, and picky eating.
- Educate parents and caregivers on the importance of balanced nutrition for children's growth and development.
- Address and handle customer complaints related to nutrition products, services, or consultations.
- Collect and analyze sample feedback from parents to assess product acceptance and efficacy.
- Prepare and present regular reports on nutritional trends, product feedback, and customer satisfaction.
- Maintain accurate and confidential records of client consultations and interactions.
- Implement complaint handling procedures and ensure prompt resolution of issues.

Consultant Dietitian (January 2018-December 2019)
Diabetes Clinic with Dr. A. Ebrahim

Zubaida Medical Centre & Memon Medical Institute Hospital

- Conducted dietary consultations in an outpatient clinic, providing specialized care to individuals with diabetes.
- Assessed individuals' nutrition and carbohydrate intake in relation to their diabetes management plan
- Developed and delivered personalized medical nutrition therapy based on age, type of diabetes, and other health factors
- Educated patients on meal planning, behavior change and self-management, covering optimal meal patterns, carbohydrate intake, and strategies to address comorbidities.
- Educated individuals with diabetes, utilizing tools like blood glucose records, carbohydrate counting, glycaemic index, portion modeling and label reading.
- Created and modified nutrition education materials.
- Participated in nutrition-focused medical camps to promote health and wellness within the community

Assistant Dietitian (October 2016 till august 2017)
Liaquat National Hospital

- Assessed patients' nutritional needs and developed personalized diet plans.
- Collaborated with healthcare professionals to provide comprehensive dietary recommendations & treatment plans.

Extra- Curricular Activities

Arranged workshop on
"Exploring Nutrition Career and Research Gap in Pakistan"
at Tabba Heart institute, Karachi

Delivered Nutrition Awareness Session *at The City School, Karachi.*

Organized a Workshop on
"Lead your Life with Diet and Fitness" *at The Rangoonwala Auditorium RLAK College, Karachi.*

Arranged a Nutritional Counseling Stall
at H.O.P.E.S Carnival held at Go Aish Adventure Park, Karachi.

Arranged a Nutritional Counseling Stall
at Expo Centre, Karachi

Arranged Nutritional Assessment Survey
at Al-Huda International Institute for Islamic Education Karachi.

Student Teaching at
intermediate level as a part of BS course *at RLAK College, Karachi.*

Experience

- Provided nutritional care and support in various medical specialties, including General Surgery, Surgical ICU and HDU, Neurosurgery, ENT & Maxillofacial Surgery, Gastroenterology, Nephrology, Neurology, Gynecology, Urology, Orthopedic Surgery, Plastic and Cosmetic Surgery, and General Medicine.
- Consistently updated patient records with accurate information.
- Conducted OPD sessions in collaboration with the Department of Endocrinology.
- Effectively planned tube feed diets and transitional diets from tube feed to oral feed.
- Worked closely with the food service team to develop and implement patient-centered menu plans.
- Supervised and evaluated quality of meals served to patients according to their therapeutic needs.
- Stayed up-to-date with the latest research and developments in the field of clinical nutrition.
- Assisted the chief dietitian by providing detailed reports on daily activities and any notable challenges encountered.

Community Internship (January 2014 - May 2015)

FANS (Food and Nutrition Society)

- Conducted a report on Pakistan's nutritional health status.
- Organized a workshop on "Lead Your Life with Diet and Fitness" for community members.
- Educated people through an informative stall at the HOPES Carnival.
- Delivered an educational presentation on "Fat-soluble vitamins" to B.S students using effective oral and written communication.

Clinical Internship (October-December 2015)

Aga Khan University

- Assisted registered dietitians in patient assessments.
- Observed & learned about nutritional counseling techniques using medical nutrition therapy in managing chronic diseases.
- Learned about nutritional support for critically ill patients.
- Shadowed dietitians during meal planning and menu development.
- Observed food service operations and hygiene practices.
- Learned about the importance of evidence-based practice in dietetics.
- Attended nutrition-related seminars.

MEMBERSHIP

PNDS (Pakistan Nutrition & Dietetics Society)

2017 -lifetime

NFP (Nutrition Foundation of Pakistan)

2022 till present



SKILLS

Communication skills



Listening skills



Problem-solving skills



Public Speaking skills



Critical Thinking



IT Proficiency

MS Office applications



Canva



SPSS



Experience

Food Service Internship (March-April 2013) **Pearl Continental Hotel Karachi**

- Learned about food service management within the hotel setting.
- Assisted in meal preparation, focusing on nutrition and presentation.
- Helped develop and evaluate recipes and menus for acceptability and affordability.
- Gained knowledge of food safety and sanitation practices.
- Accommodated special dietary needs of guests.
- Understood food marketing and health communication strategies.
- Assisted in nutrition education programs for staff and guests.
- Learned about food procurement processes.
- Followed dietary guidelines and regulations in the hotel industry.

Intern (2nd May – 30th May) **Merck Pvt Ltd**

- Observed and gained practical knowledge of sales, marketing, and promotion of Vitamin & mineral supplements
- Assisted in preparing an advertising plan for a product
- Learned about the development of marketing materials, including brochures, ads, web materials, displays, etc.
- Collected data on the nutritional requirements of individuals in need of supplements
- Gathered data to support the creation of brochures and informational materials.